

**TRY THESE
REDUCING DIETS!**



HERE'S GOOD NEWS

For you ambitious men and women, harassed housewives, high liver, hard workers, who ignore Nature's demand for rest and relaxation until you become so nervous that you can't rest or relax—for you people who are restless, fidgety, cranky, blue—who don't sleep well, suffer from Nervous Indigestion, Nervous Headache. And you women, who see the lines of care and worry creeping into your faces, making you old before your time.

DR. MILES' NERVINE

(Liquid or Effervescent Tablets)

relaxes tense nerves, permits refreshing sleep.

Dr. Miles Liquid Nervine—used in constantly increasing quantities for more than fifty years.

Dr. Miles Effervescent Nervine Tablets have the same soothing effect on the Nerves as Dr. Miles Liquid Nervine. Also tend to correct the over-acid condition that frequently causes Nervousness.

Large Size, \$1.00; Small, 25c



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REDUCING DIETS

IF YOU have listened in on much conversation or read many articles on Diet, you can't fail to be impressed with one thing—nearly everyone has different ideas. Diet has as many cults, isms and schisms as religion.

In this little book we have tried to separate the wheat from the chaff—to give a few practical suggestions for the control of weight by diet. These suggestions have been proven practical by the experience of many.

Are You Fat?

Let us put aside for a moment, any polite phrases. Flatterers may tell you that you are “pleasingly plump.” Your friends may say they like you best “just as you are.” Husband or wife may tell you “you’re not too stout.” But the fact remains—if you are very much over the average weight for your height and age, you are **FAT**, and a little reduc-

tion would make you look and feel better.

Right down in the bottom of your heart you know it and you know that every body else, in spite of what they tell you, knows it too. This may not be true in every case. Some people are naturally over-weight and too strict a diet would only weaken them and en-



We think your medicines are wonderful. We have used them for more than thirty years and are never without Nervine, Anti-Pain Pills and Little Pills.

We have raised our family on Dr. Miles remedies and they have never failed us—not once.

Mrs.

Millie Bryan
Guthrie, Okla.

danger their health. Don't deceive yourself. You are probably not one of the naturally over-weight kind.

Try the Reducing Diet given in this book. If you don't lose weight in a month, you are naturally stout.

Do not go to extremes in Diet. You cannot starve yourself and take foolish and strenuous exercises, "dope" yourself with dangerous "fat reducers" without seriously weakening

yourself and endangering your health. Above all, *do not cut out sweets entirely*. Starches and sugars furnish the fire that burns excess fat, and when fat is taken in the diet, unless it is consumed, dangerous acids form which pull down health.

It is a safe practice to take at least one tablet of Alka-Seltzer a day while you are reducing, to counteract the acids that form when the diet is insufficient in starches and sugars.

Be Careful How You Reduce

IF YOU are over-weight you should reduce. There is no need to carry around thirty or fifty pounds of excess fat. It is as hard work, almost, as it would be to carry a thirty or fifty pound bundle strapped to your back.

Don't try to get back to normal in a day, a week, or a month. Remember you did not become fat in a few days and you cannot safely become thin over night. This matter of dieting takes time
(Continued on Page 4)

Can You Afford to be Nervous?

YOU CAN'T be healthy, happy, or agreeable, when you are nervous. Tense nerves cause Irritability, Restlessness, Sleeplessness, Worry, the Blues. Tense nerves give you Nervous Indigestion, Nervous Headache. They tire you out; give you a peevish discontented expression; interfere with your work; spoil your pleasure.

For more than fifty years, DR. MILES NERVINE has been bringing welcome relief to nervous people. Tens of thousands

of sufferers have written us telling of the relief they have enjoyed by using DR. MILES NERVINE. It would probably help you.

We can't promise that Dr. Miles Nervine will help you but here's what we do promise—YOUR MONEY BACK, if after taking one full bottle, according to directions, you are not entirely satisfied with the results. Any one, any time, any where, can try this excellent preparation at our risk.



Hannah Adams

I was treated for years for nervousness without much benefit. Finally I asked the Doctor about Nervine and he told me to take it. It is doing me a lot of good. I feel that it was unfortunate that I did not know of Nervine while living in my own country in England. It might have saved me years of suffering.

Hannah Adams,
Route 2, Box 255, Whittier, California

There can't be too much said for Dr. Miles Nervine. I have taken it for years and find it great for nerves and body. I am a nurse. My husband was a physician.

Mrs. Myrtle S. Fling, Route 1, Hugo, Oklahoma

DR. MILES NERVINE

(Liquid or Effervescent Tablets)



Mrs. Fling



Three years ago I was so nervous I could not bear to go out in company and could not sleep nights. A friend recommended Dr. Miles Nervine. I now enjoy myself thoroughly and sleep every night.

Miss
Juliette Currier
New Market,
N. H.

(Continued from Page 2)

and self control. Be content to lose a pound or two a week.

Too sudden a loss in weight is dangerous, besides, having demonstrated how far the human skin will stretch, you cannot expect it to shrink without wrinkling when the size of the body it covers is reduced too rapidly.

You would look just as well in a wrinkled suit three sizes too large for you as in a wrinkled skin too large to fit the flesh underneath.

There are three classes of fat producing foods—

The Starches

The Sweets

The Fats and Oils

White Bread, Biscuit, Crackers, Griddle Cakes, Boston Brown Bread, Johnny Cake, White Sauce, Gravies—anything made from white or rye flour or corn meal is fattening.

Desserts, Cake, Pie, Candy,

Chocolate, Ice Cream—anything made of flour or a combination of flour and sugar is fattening.

Butter, Lard, Cream, Whole Milk, Fat Meat, Grease of all kinds are fattening. So-called lean pork contains a high percentage of fat, but other lean meats are not fattening.

Common sense will tell you that you cannot omit all these foods from your diet. Very few of us know just how large a proportion of our daily food may consist of these fat producing foods.

That is why we are giving you the following diet that can be followed by the average person with excellent results as to weight reduction, and with little danger of illness caused by the omission of elements needed to maintain balanced nourishment.

Any reducing diet may produce Acidosis because the fats are

(Continued on Page 6)

All Wrought Up Over Nothing

Do Nerves harass you by day and keep you awake at night?

Don't neglect them. They will ruin your health, drive away your friends, interfere with your success, spoil your good looks.

When you are nervous, take Dr. Miles Nervine. It is the prescription of a successful nerve specialist, put up in convenient form, especially for people in your condition.



Christene Lanier

I have used Dr. Miles Nervine in liquid form and find it the best medicine for the nerves I have ever used.

Christene Lanier, Middleton, Tennessee

I have used Dr. Miles Nervine with splendid results. Several years ago, while working in public, the work I was doing was very straining on my nerves. I used several bottles of Dr. Miles Nervine which kept me going, enabling me to do my work well. It also enabled me to sleep well.

Carrie Louise Woodward, Waco, Texas



Carrie Woodward

I am a Dr. Miles Fan all the way through. I have taken Nervine for 2 years with good success. It is more than it is recommended to be and it has done me more good than I can express. I am in better health now than I have been for ten years.

Maud Thomas, Glasgow, Kentucky

I have been using Dr. Miles Nervine for a long time and think it fine.

Mrs. Mattie B. Crow, Everett, Wash.

DR. MILES NERVINE

(Liquid or Effervescent Tablets)



Maud Thomas



Mrs. Crow



Before using your Nervine I was very nervous and irritable. Since I have started to take it I feel so much better that my family notice the difference. I still take it from time to time and the good result is wonderful.

J. H. Reddig
1027 18th Ave.
Rock Island, Ill.

(Continued from Page 4)

broken down and unless they are consumed, they produce more acid than Nature can take care of.

It is an excellent idea to take one or two Alka-Seltzer tablets a day when you are reducing as Alka-Seltzer helps to build up the Alkaline reserve and thus is a valuable aid in preventing or correcting Acidosis.

Perhaps you think a diet would deprive you of every food you enjoy. Look over the following list and see if you can't still enjoy

your meals. You may eat freely of Fruits, except grapes and bananas.

All kinds of fowl—without gravy or dressing.

Fish and Sea Foods—boiled.

Salads—without oil dressing.

Tomatoes, Celery, Cabbage—all raw vegetables.

Boiled or poached eggs without butter.

To get proper proportions of food, consult the weekly menu given in the following pages.

Weight Reducing Menu

MONDAY

Breakfast

One orange or one-half grapefruit, very little sugar.

One slice whole wheat or graham bread with one teaspoonful butter.

One boiled egg with one-half teaspoon butter.

Lunch or Supper

One baked potato with one teaspoonful butter.

Two slices graham or whole wheat bread with one teaspoonful butter.

Plenty of fruit or vegetable salad. No oil dressing.

Dinner

One portion lean meat.

One graham muffin with one teaspoonful butter or four graham crackers.

Large serving of cabbage raw or cooked. Fruit.

One cup tea or coffee clear.

(Continued on Page 8)



Mrs. Thompson

She is now in the best of health.

Mrs. Caroline Thompson,
212 E. Olive St., Monrovia, Calif.

The past two years I have taken a bottle of your Nervine every 3 or 4 months and it keeps me in excellent shape. My work causes a nervousness and irritableness which used to almost get the best of me until I discovered your Nervine. Ruth Smith, Buhl, Idaho



Mrs. Eitel

Dr. Miles Nervine helped me greatly when I was in a dreadful nervous condition. Mrs. Mae Eitel, Casnovia, Mich.

**Large
Package or
Bottle
\$1.00**

DR. MILES' NERVINE

(Liquid or Effervescent Tablets)



Ruth Smith

out it in our home. We keep all Dr. Miles Remedies in our home at all times. Mrs. Grace Burns, Schenectady, N. Y.

**Small
Package or
Bottle
25 cents**

Thousands Write of Relief They Have Obtained

I have used your medicines for more than thirty years and have derived great benefit from them, especially your Nervine which was also of great help to my daughter when she had had a nervous breakdown. Your medicines brought her through safely.

I have been using your Nervine for five years. We are very much pleased with it as we have gotten wonderful results. I recommend it to all my friends.

Mrs. James Brown,
210 Jackson Street
Pueblo, Colorado



Mrs. Brown

I am taking Dr. Miles Nervine and think there is nothing in the world any better, for it has done me a wonderful amount of good. I wish every woman could use it and enjoy the great relief it brings.

Mrs. Daisy Blessitt,
Route A, Griffin, Georgia

Your wonderful Nervine is the best thing I have ever taken for overtaxed nerves. We are never with-



Mrs. Blessitt



I have used many bottles of Dr. Miles Medicines. Nervine has done wonders for me. I sure will be true to Nervine as I know from experience what it will do.

*Mary E. Piper
2333 N. Main
Santa Ana,
Calif.*

(Continued from Page 6)

TUESDAY

Breakfast

One medium portion cereal with one-fourth cup whole milk and no sugar.
One slice whole wheat or graham toast with one teaspoonful butter.
One baked apple.
One cup coffee or tea, with one-fourth cup hot milk or one glass of milk.

Lunch or Supper

One cup vegetable soup.
One thin slice hot or roast beef.
One portion fruit salad.

Dinner

One large veal chop.
One baked potato with one teaspoonful butter.
One large portion cooked turnips.
One slice whole wheat or graham bread with one teaspoonful butter.
One small piece of cake or one cookie.

WEDNESDAY

Breakfast

One large apple.
One graham muffin with one teaspoonful butter.
One glass cold milk or one and one-half glass of skimmed milk.
Coffee or tea with little milk, and not more than one level teaspoon of sugar if preferred.

Lunch or Supper

One cup of cream of tomato soup.
Two slices of graham bread with two teaspoons of butter.

Large portion of cooked turnips or cauliflower.

Dinner

One cup of clear soup.
One large or two small meat balls.
One baked potato with one teaspoon butter.
One large portion of spinach or cooked greens.
One small portion of pudding.

THURSDAY

Breakfast

One-half grapefruit with small amount of sugar.
One serving cereal with about one-fourth cup of whole milk.
One slice of toast with one teaspoonful butter.
Three-fourths cup coffee and one-fourth cup hot milk, one-half teaspoonful of sugar.

Lunch or Supper

One meat sandwich, or two slices of bread, and thin slice of meat and no butter.
One large portion of vegetable or fruit salad. One cup cocoa.

Dinner

Two lamb chops.
One portion of mashed potatoes. Small amount of gravy.
One roll or one slice of bread with teaspoonful butter.
One large portion of salad or cooked vegetables. Grape fruit salad.

(Continued on Page 10)

A good night's SLEEP

Do you toss and tumble half the night? Are you worried, cranky, restless, blue? Do you have Nervous Headache—Nervous Indigestion? These are symptoms of overtaxed nerves.

You can't be healthy, happy, or even good-looking when your nerves are overtaxed.

A sleepless night means a miserable day. Everytime you lose your temper you make the next outburst easier. Worry and the blues cause a peevish, discontented expression and may lead to sickness and misery. What to do about it? Take Dr. Miles Effervescent Nervine Tablets.

One or two in a glass of water—a pleasant, sparkling drink. Tense nerves relax—that "keyed up" feeling van-

ishes—refreshing sleep follows.

DR. MILES EFFERVESCENT NERVINE TABLETS are made from the same formula as DR. MILES LIQUID NERVINE with the addition of vegetable and mineral alkalizers which tend to overcome the acid condition that often causes nervousness.



I suffered a great deal with nervous headache until I started to use Dr. Miles Nervine Tablets. If I get nervous again, I'll take Dr. Miles Effervescent Nervine Tablets. Mrs. D. L. Liscum, San Antonio, Texas

I was so nervous I could not sleep until after the turn of the night. Then I would dream scary dreams and would get up tired. After only three doses of Nervine I began to feel quieter and rest better. I continued to take it and it helped my indigestion and quieted my fluttering heart. After taking three bottles, I felt as well as ever.

Nora Morgon, Culberson, N. C.

DR. MILES NERVINE

(Liquid or Effervescent Tablets)



I have used Dr. Miles Nervine Tablets. They help me a lot. I am a World War Veteran and in bed all the time. I get very nervous at times, and one or two tablets always make me feel better.

Alden W. Welch
R. F. D. 1
Newport, N. H.

(Continued from Page 8)

FRIDAY

Breakfast

One-half grape fruit with small amount of sugar.

Two boiled or poached eggs with one teaspoon butter.

Two slices graham or whole wheat bread or toast—two teaspoons butter.

One cup coffee with one-fourth cup hot milk and small amount of sugar.

Lunch or Supper

Six clams or six oysters with Cocktail Sauce. One cup clear soup.

One slice of bread or one roll with one-half teaspoon butter. Fruit.

One glass milk.

Dinner

One portion of broiled mackerel.

One portion mashed potato with one teaspoon of butter.

One roll or one slice of bread with one teaspoon of butter.

One portion salad, French Dressing.

Berries or other canned fruit.

SATURDAY

Breakfast

One medium serving cereal with one-fourth cup whole milk and one teaspoonful sugar.

Two pieces of toast and two teaspoonfuls butter.

One cup coffee. One-fourth cup hot milk. Sweeten with saccharine or not more than one-half teaspoon of sugar.

Lunch or Supper

Broiled sweet breads.

Grape fruit salad.

Endive. Tea, coffee or milk.

Dinner

Oysters or clams. About six.

One portion beef steak.

Large portion of green vegetables or salad.

Fresh or canned fruit with small piece of cake or one cookie.

SUNDAY

Breakfast

One baked apple.

One slice of toast, or one graham muffin with one-teaspoon butter.

One slice of bacon and one fried egg.

One cup of coffee or tea. One-fourth cup hot milk.

Lunch or Supper

One cup of soup—four soda crackers.

One portion steamed oysters.

Vegetable salad. Fruit Jello.

Dinner

One portion of roast chicken or duck.

One portion apple sauce.

One small serving of mashed potato with gravy.

One large serving of carrots or spinach.

One small serving of pudding.

The menu for the week just given is rather a generous one for a person on a diet and can be followed by most people without too great an amount of self-sacrifice.

(Continued on Page 12)

Today's "Nerves" Keep You Awake Tonight Tonight's Wakefulness Makes You Nervous Tomorrow

THAT'S the way it goes once you allow yourself to become nervous. Nervousness seldom corrects itself. Sleeplessness, Irritability, Restlessness lead to Nervous Headache, Nervous Indigestion, Functional Hysteria—possibly to nervous prostration or organic trouble.

Next time you feel nervous, don't wait until you have endured a miserable day or a sleepless night. Take Dr. Miles Nervine and enjoy the feeling of calm and relaxation that follows.

Although Dr. Miles Nervine often relieves nervous troubles of long standing, the sensible thing to do is to take it at the first symptom of Nervousness and forestall a possible long period of misery and ill health.

I want to congratulate you on your famous Nervine Tablets. They certainly have done wonders for me. They have been a help to all the womenfolk who have taken them in our family.

Mrs. F. H. Waterman,
Providence, R. I.

Whenever I have overindulged and feel restless I take one or two Nervine

Tablets just before I retire. In the morning when I awake I feel like a new person and can go about my work as usual. Dr. Miles Nervine Tablets quiet your nerves, brace you up and are the simplest, most convenient tablets to take I have ever found.

Miss Grace Redmann,
St. James, Minn.



Miss Redmann

Large
Package or
Bottle
\$1.00

DR. MILES' NERVINE

(Liquid or Effervescent Tablets)

Small
Package or
Bottle
25 cents



Mrs. Waterman

(Continued from Page 10)

I am a World War Veteran and a short time after I came out of the army I suffered from my stomach. Was almost constantly in pain. I tried every remedy I ever heard of, and found no relief until I received your Alka-Seltzer. I began taking it immediately and they helped me a great deal.

Harry
Lancaster
Girard, Ill.

You need not, of course, follow each meal. The idea is to keep well within the amount specified of the fat producing foods. Figure your consumption of food on the basis of three meals rather than one meal. For instance, if you like a heavier dinner than scheduled, but do not care so much for breakfast or lunch, cut down on the breakfast or lunch, and make

up for it at dinner. And, if you do not care for some of the other foods, given in the menu, substitute some other food of equal value.

For Thin People Who Wish To Gain Flesh

The recommendation for thin people who want to gain weight is to eat more of the foods given on the preceding pages and drink plenty of whole milk.

Approximately Correct Weight For Men and Boys in Indoor Clothes and Shoes

Ages		15- 24	25- 29	30- 34	35- 39	40- 44	45- 49	50- 54	55- 64
5 ft. 4 in.		131	135	138	140	143	144	145	145
5 ft. 5 in.		134	138	141	143	146	147	149	149
5 ft. 6 in.		138	142	145	147	150	151	153	153
5 ft. 7 in.		142	147	150	152	155	156	158	158
5 ft. 8 in.		146	151	154	157	160	161	163	163
5 ft. 9 in.		150	155	159	162	165	166	167	168
5 ft. 10 in.		154	159	164	167	170	171	172	173
5 ft. 11 in.		159	164	169	173	175	177	177	178
6 ft. 0 in.		165	170	175	179	180	183	182	183
6 ft. 1 in.		170	177	181	185	186	189	189	189

What About Your Heart?

Does your heart flutter, palpitate, skip beats? Do you have faint, dizzy, or smothering spells?

Perhaps you have been eating, drinking, or smoking too much. Perhaps you have been losing sleep, working too hard, worrying, having lots of excitement. All these things are liable to react on the heart, and, although the organ itself may be sound as a dollar, you have all symptoms of heart trouble.

An extra strain has been put on this vital organ and it cannot function properly. That is why so many people have so-called "Functional Heart Trouble." The danger from Functional Heart Trouble lies in the fact that the extra strain put on it may weaken it and cause Organic Heart Trouble.

That is why it is not wise to neglect these early symptoms.

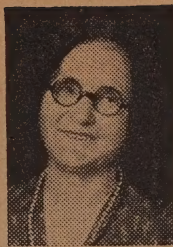
Dr. Miles Cactus Compound

causes the heart to contract more forcibly, thus aiding the circulation of the blood. With better circulation comes better nourishment of the body, better elimination of the waste products, and an improvement not only of the heart's action, but of the entire system.



I want to thank you for the benefit I received from your Cactus Compound. It is the first medicine I have ever taken that has given me relief. I am seventy years old and have been troubled with shortness of breath for many years. I bought a bottle of Cactus Compound, and before I had taken half of it, I was much better and today I am feeling fine.

B. M. Baker,
Stanton, Ky.



Five years ago I had heart trouble. Someone told me to try Dr. Miles Cactus Compound. I did and today I am feeling perfectly well, better than I have in many years. Mrs. W. H. Smith
Kemmerer, Wyo.

For more than thirty years your medicines have been used in my family with good results. Especially do I speak of your Cactus Compound.

W. E. Bartlett,
Barton, Vt.



We have been using Aspirin-Mint Tablets for some time and keep them in the house all the time. As soon as we notice a cold coming on we start using them and nearly always our cold doesn't amount to much. I have used them for toothache with very good results.

Mrs.
Flora Bolling
Adrian, Mo.

Approximately Correct Weight For Women and Girls in Indoor Clothes and Shoes

Ages	19- 22	23- 26	27- 30	31- 34	35- 38	39- 42	43- 46	47- 50	Over 50
5 ft. 0 in.	116	118	120	122	124	127	130	132	133
5 ft. 1 in.	118	120	121	124	126	129	132	134	135
5 ft. 2 in.	120	122	123	126	128	130	134	136	138
5 ft. 3 in.	124	125	126	128	131	135	138	140	141
5 ft. 4 in.	126	128	130	132	135	138	141	143	144
5 ft. 5 in.	128	130	133	136	140	143	145	147	148
5 ft. 6 in.	132	134	137	140	143	146	149	152	153
5 ft. 7 in.	136	138	141	145	147	150	154	156	157
5 ft. 8 in.	140	142	145	148	151	154	157	160	162
5 ft. 9 in.	143	146	149	152	155	158	160	163	165
5 ft. 10 in.	147	150	153	156	159	160	165	168	170

"I WOULD NOT BE WITHOUT ASPIR-MINT TABLETS"

THAT'S WHAT it says in many of the letters we receive. There must be reasons why so many consider Dr.

Miles Aspir-Mint a necessity. Here are these reasons in the words of the users.

I am a user of Aspir-Mint and find it to be more than you recommend it to be. I find relief every time I take your medicines.

Mrs. Howard Myers

Every winter for years I would get down sick for five or six weeks with a bad Cold. I tried Dr. Miles Aspir-Mint and they sure did break up my cold and keep me on my feet.

Mrs. Cora Smith

I find your Aspir-Mint especially valuable for aches and pains and only regret that I did not know about it sooner.

Mrs. Eileen Johnson

I have found your Aspir-Mint a great value in the treatment of Colds. It is pleasant to take.

J. L. Martin

Sometime ago I was troubled with Sciatic pains. I tried many kinds of medicine which gave me no relief. I started taking Dr. Miles Aspir-Mint and felt easier after the first two tablets. It sure does feel good to go to work without suffering.

John Nicolay

I have used your Aspir-Mint with splendid success for Colds and all kinds of muscular pains.

Mrs. Ida Jarrett

When I have a bad Headache, I take an Aspir-Mint and in a few minutes the pain is gone.

Bessie Patterson

We could go on for pages quoting from letters we have received.

You can try Aspir-Mint for as little as 15 cents or you can buy a larger package containing twice as many tablets for 25 cents.

Why not profit by the experience of others and get relief by the same means they have found so effective?



WHEN

"Ne

Relax

all over? Are you keyed up—unable to settle down?

To tens of thousands, **DR. MILES' EFFERVESCENT NERVINE TABLETS** mean relaxation, comfort, a good night's sleep.

A tablet in a glass of water makes a harmless, pleasant, sparkling drink that not only quiets the Nerves, but tends to correct the acid condition that often causes Nervousness.

Dr. Miles' Effervescent Nervine Tablets have the same soothing effect as Dr. Miles' Liquid Nervine—a boon to nervous people for more than fifty years.

Large Package Dr. Miles' Nervine

BOTH ARE



Effervescent
DR. MILES' NERVINE
TABLETS

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KEEP YOU AWAKE

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Sleep

You can live longer without food or water than you can without sleep. While we are sleeping, Nature builds up a reserve force of brain and body power.

When you don't get enough sleep, you slow down. It becomes harder for you to do your work, and you don't do it as well. Continued loss of sleep brings on a mental break-down or serious physical trouble.

Dr. Miles' Nervine relaxes tense nerves and permits sound, refreshing sleep. Take it when you feel nervous, irritable, restless, blue. Your money back if it fails to relieve.

Liquid or Effervescent Tablets) \$1.00

GUARANTEED



DR. MILES' NERVINE
LIQUID

Measurements For Women and Girls

Height Ft. In.	Neck In.	Bust In.	Waist In.	Hips In.	Thigh In.	Calf In.
4 ft. 11 in.	12.1	32.0	24.6	35.6	21.6	13.1
5 ft. 0 in.	12.2	32.2	24.8	35.8	21.7	13.2
5 ft. 1 in.	12.3	32.4	25.0	36.0	21.8	13.3
5 ft. 2 in.	12.4	32.6	25.2	36.3	21.9	13.4
5 ft. 3 in.	12.5	32.8	25.4	36.5	22.0	13.5
5 ft. 4 in.	12.6	33.0	25.6	36.8	22.1	13.6
5 ft. 5 in.	12.7	33.2	25.8	37.0	22.2	13.8
5 ft. 6 in.	12.8	33.4	26.0	37.3	22.4	13.9
5 ft. 7 in.	12.9	33.6	26.2	37.5	22.5	14.0
5 ft. 8 in.	13.0	33.8	26.4	37.8	22.6	14.1
5 ft. 9 in.	13.1	34.1	26.6	38.1	22.8	14.2

Here's a suggestion for those who are trying to keep their peace of mind while reducing: Don't weigh yourself on every set of scales you see. Remember that scales vary and that apparent fluctuations in weight are more

likely to be due to incorrect scales than to actual weight changes.

A much more accurate check can be kept with a tape-line than with scales unless you know that the scales are correct and use the same set all the time.



I like your Nervine Tablets very much and I have some with me all the time. Anyone that is seeking relief should be sure and try them.

Leafy Buffington
Nampa, Idaho

I had a nervous breakdown and couldn't sleep nights. I got very little relief until I used Dr. Miles Nervine.

Ralph Bailey,

Measurements For Men and Boys



I have been using Dr. Miles Tonic and I can surely recommend it. It helped me greatly.

Milton Price
539 Sheritt Ave.
Portland, Ore.

I have used quite a lot of Nervine and Little Pills and think they are fine.

Adria Bailes
130 Woodruff
Bellflower, Cal.

Height Ft.	In.	Neck In.	Chest In.	Waist In.	Hips In.	Thigh In.	Calf In.
5 ft.	3 in.	15.4	41.2	31.0	38.0	22.4	14.3
5 ft.	4 in.	15.5	41.5	31.2	38.3	22.5	14.4
5 ft.	5 in.	15.6	41.7	31.4	38.5	22.6	14.6
5 ft.	6 in.	15.7	41.9	31.6	38.8	22.8	14.7
5 ft.	7 in.	15.8	42.2	31.8	39.1	22.9	14.9
5 ft.	8 in.	15.9	42.4	32.0	39.3	23.0	15.0
5 ft.	9 in.	16.0	42.6	32.2	39.6	23.1	15.1
5 ft.	10 in.	16.1	42.9	32.4	39.9	23.2	15.2
5 ft.	11 in.	16.2	43.1	32.6	40.1	23.4	15.4
6 ft.	0 in.	16.3	43.4	32.8	40.3	23.5	15.5
6 ft.	1 in.	16.4	43.6	33.0	40.6	23.6	15.6

A well-known American dietary authority says:

"One of the most useful anti-acids for the correction of mild acidosis is the pleasant-tasting mixture of alkaline salts called Alka-Seltzer. It comes in flat

discs of caked powder which can easily be carried in the pocket. One disc dropped into a glass of water makes an effervescent, alkaline, mineral water which is not only well liked but is of marked benefit in relieving acidity."

QUICKER RELIEF

WHEN YOUR Head aches and throbs; when Neuralgia tortures you; when Muscular Aches, Periodic Pains, the Pains of Lumbago, Sciatica, and Neuritis make you miserable, take a Dr. Miles Anti-Pain Pill.

If DR. MILES ANTI-PAIN PILLS don't give you quicker relief than anything else you ever used, go to the drug store and get your money back.

It is foolish to suffer a minute longer than is necessary. Pain never did anyone any good. It weakens resistance, upsets the nervous system, and makes the sufferer more susceptible to the attacks of disease.

Dr. Miles Anti-Pain Pills do not cure any disorder. They do relieve a great many aches and pains and thus give Nature a chance to restore a normal, healthy condition.

Why Don't You Try Dr. Miles Anti-Pain Pills?



Mrs. Webb

I have been using Dr. Miles Anti-Pain Pills for thirty years. No matter what kind of pain I have, they stop it almost instantly. Never without them in the house.

Mrs. Chas. W. Webb,
131 Towne Ave., Indio, California

Your Anti-Pain Pills helped me a great deal. I have used them for years. I carry them everywhere in my purse and always keep them in the house. They have saved me a great many sick headaches.

Mrs. Jennie Neill,
810 Adella Ave., Coronado, California

I find your medicines to be the very best that money can buy.

L. B. McNiece, Waycross, Georgia



Mrs. Neill

Keep A Record of Your Weight and Measurements

Date.....

I started on a reducing diet, I weighedpounds,
 Hips.....inches, Waist.....inches, Bust.....inches,
 Neck.....inches, Thigh.....inches, Calf.....inches,
 Arm.....inches.

	Weight Lbs.	Hips In.	Bust In.	Waist In.	Neck In.	Thigh In.	Calf In.	Upper Arm
1st Week								
2nd Week								
3rd Week								
4th Week								
5th Week								
6th Week								
7th Week								
8th Week								
9th Week								
10th Week								
11th Week								
12th Week								
13th Week								



I have taken Anti-Pain Pills for thirty years and would use no others. I have received more benefit from their use than from any other medicine I have ever taken and I have been the means of many others trying it.

Mrs.
 Laura Fordyce
 Route 8
 Tulsa, Okla.



Mrs. Blankenship



Mr. Goller

Suffering? Try Dr. Miles Anti-Pain Pills

I think all Dr. Miles medicines are wonderful, but Anti-Pain Pills are my favorite.
Mrs. Doc Blankenship, Stamford, Texas

I have used your Anti-Pain Pills only a short time, but they have given me prompt relief. They did for me in a week more than any other medicine I had taken for a year.
Phil Goller, Milwaukee, Wis.

I am never without Anti-Pain Pills. I think they are much better than anything else I have ever used. Sometimes when I am tired and nervous, and feel like I would go under, I take two Anti-Pain Pills and in a short time I feel like a different person.
Mrs. S. Tidabach, Stroudsburg, Pa.

Your Anti-Pain Pills have been used in my home with wonderful results. I recommend them to all suffering people.

Maggie Belle Dudley, Vanceboro, North Carolina

As a household remedy I have never found anything that equalled Dr. Miles Anti-Pain Pills.
Mrs. Silas D. Keller, Penfield, Pa.

Dr. Miles Anti-Pain Pills have been with us for many years.

Mrs. Emily Anderson, San Pedro, California

I never found anything that was so good to stop pain as Dr. Miles Anti-Pain Pills. I have told many about them and I find they are all using them.
Mrs. Martha Lacy, Davenport, Iowa



Mrs. Anderson



Miss Dudley



Mrs. Tidabach



Mrs. Keller



Mrs. Lacy

The Alkaline Diet

WE ALL know, in a general way, that even when we are reducing, we must eat sufficient proteins to keep up bodily strength and vigor.

Recent discoveries have disclosed the fact that, even with sufficient proteins, we languish and become ill unless our food contains Vitamins. We are all familiar with these facts. They have been published in news articles, preached from the lecture platform, and displayed in advertising columns and on bill boards.

To these two essentials of diet must be added a third, if we are to eat for health. This third principle is fully as important, perhaps even more so, than either of the other two. It is the necessity of *keeping a normal Alkaline Balance in the body.*

Let us see, if we can, just what is meant by a "normal alkaline

balance," why we lose it, and a good way to maintain or regain it.

The blood and tissues of the human body are normally alkaline. When this Alkalinity is reduced, we become ill. Perhaps we have Headache, Indigestion, Gas Pains. Perhaps we suffer from "That Tired Feeling" or have pains—Muscular, Periodic, Rheumatic, Sciatic.

If the blood and tissues become frankly acid, death ensues.

Nature has provided many ways of disposing of the acids that are formed in our bodies in the process we call living. Every time we breathe, we release acids. Acids are passed out through the kidneys and in the perspiration.

If we live a perfectly normal life, and eat a balanced diet, we are not so liable to throw the acid

(Continued on Page 25)



Your Anti-Pain Pills certainly work wonders for headache. It stopped my headaches when other remedies failed.

Ethel Crowder
Deepwater, Mo.

My mother has used Dr. Miles Anti-Pain Pills for a long time. They are the best pills we have ever used.

Mrs.

Iona Schlosser
Sapulpa, Okla.

Satisfied Users Praise Dr. Miles Anti-Pain Pills

I have been using your Nervine and Anti-Pain Pills for about three years now. I want to recommend them to other women for they surely helped me.

Bessie Mae McGrew,
Route 6, Paducah, Ky.

I have been using Dr. Miles Anti-Pain Pills for years. I keep them on hand all the time. I can certainly recommend them for pain.

Miss

Audra Seybold
2417 W. 2nd St.
Dayton, Ohio



Miss McGrew



Mr. DeBord

No use my saying anything about your medicines. They have been used so long that everybody knows that they are just what they are claimed to be.

Your Anti-Pain Pills are sure wonderful. I take one before I go to bed, and my old aching bones and rheumatic pains cease and I just sleep like a log.

W. H. DeBord,
Route 2, Box 16, St. Joseph, Missouri

My husband and I use your Anti-Pain Pills. Would not be without them. They will stop a Headache for me every time.

Mrs. M. A. Fiske,

27 Main Street, Merrimac, Mass.

Dr. Miles Anti-Pain Pills have been a stand-by in our family for 20 years. We are never without them. I have very severe Headaches but one or two Pain Pills stop them. I have also used them with splendid results for Backache and other pains.

C. W. Hickmon,
Box 213, Fairmont, Nebr.

I have used quite a lot of Dr. Miles Anti-Pain Pills. They are fine pills to stop pain.

Mrs. J. L. Kester,
Shickshinny, Pa.

Millions Swear By Dr. Miles Anti-Pain Pills

I am much pleased with your Anti-Pain Pills. They sure are wonderful for a headache and for functional pains. I have tried every kind of pills for headache, but none satisfied me as your Anti-Pain Pills have.

Ann Mikitko, Saint Benedict, Pa.

Your Anti-Pain Pills have been a wonderful help to me. I have used them for three years and always keep them on hand.

Mrs. E. Pierce,
Lapwai, Idaho



Miss Mikitko

(Continued from Page 23)
and alkali out of balance. But let us eat too many acid producing foods, or smoke too much, or over-indulge in intoxicating liquor, and our troubles begin. Over-work, loss of sleep, lack of exercise may lead to the formation of more acids than Nature can dispose of.

Then it is that we need some-

thing to help bring back a normal alkaline balance. For this purpose, Alka-Seltzer is safe and effective. It is unusually pleasant to take—in fact, a glass of water in which one or two Alka-Seltzer Tablets have been dissolved tastes and looks like naturally carbonated mineral spring water—and has a much greater alkalizing effect.

How Food Affects Acidity

EVERY LIVING being is a caldron of fire, and fire always leaves ashes. Some foods leave an acid ash and some leave an alkaline ash. You cannot tell by the flavor of foods whether the ash they leave is acid or alkaline. Lemons, which have an acid taste, leave an alkaline ash. Bread, which has neither an acid or an alkaline flavor, leaves an acid ash.

The following table gives the principal Acid and Alkaline Ash

foods. If you are not troubled with Acidosis or Hyper-Acidity, your general diet will probably give you the variety you need; if you are, you should eat principally the alkaline ash foods.

When you have any reason to believe that you are over-acid, take Alka-Seltzer. It helps build up your Alkaline reserve.

Alka-Seltzer is not a cathartic. It is pleasant, harmless, effective, and does not irritate the stomach or intestines.



I suffered greatly from Muscular Pains all over my body. My back was so bad that I could not walk without violent pains between my shoulders. Dr. Miles Anti-Pain Pills have given me a great amount of relief and I am much better since taking them.

Violet Wright
7 Alvina Ave.
San Rafael, Cal.



I have been a sufferer with acidosis and obtained splendid results from Alka-Seltzer. I have tried many other medicines but find that none relieve like Alka-Seltzer.

L. E. Norcross,
West Allis, Wis.

"Obtained Splendid Results From ALKA-SELTZER"

Mr. Norcross' experience with Alka-Seltzer has been duplicated by thousands of users.

It is amazing how many of your Every-day Aches and Pains are relieved by these pleasant, modern, effervescent tablets— *Acid Indigestion, Colds, Fatigue, Headache, "Morning After" Feeling, Muscular Aches and Pains, Muscular Lumbago, Neuralgia, Rheumatic and Sciatic Pains.*

These disorders are often caused or made worse by too much acid in the system. Alka-Seltzer tends to make the system more alkaline.

Alka-Seltzer makes a sparkling, alkaline drink, and, as it contains an analgesic (acetyl-salicylates), it first relieves the pain of everyday ailments and then, by restoring the alkaline balance, corrects the cause when due to excess acid.

Do not confuse Alka-Seltzer with medicines which simply relieve without helping to correct over-acidity—with medicines that attempt to overcome acidity, but do not relieve until this condition is corrected.

A tablet of Alka-Seltzer makes a pleasant, pain-relieving, alkalizing drink—harmless, quick to act, non-laxative, unusually effective.

**Get a refreshing drink of Alka-Seltzer at any drug store
soda fountain.**

Buy a package for home use.

Large package 60c; Small 30c

ALKALINE-ASH FOODS

Per 100 Grams

Beans, dried lima	41.65
Beans, dried	23.87
Raisins	23.68
Almonds	12.38
Beets	10.86
Carrots	10.82
Celery	7.78
Muskmelon	7.47
Chestnuts	7.42
Lettuce	7.37
Potatoes	7.19
Peas, dried	7.07
Currants, dried	5.97
Oranges	5.61
Bananas	5.56
Lemons	5.45
Cauliflower	5.33
Peaches	5.04
Raspberry juice	4.91
Cherry juice	4.40
Cabbage	4.34
Apples	3.76
Turnips	2.68
Milk, cows	2.37

ACID-ASH FOODS

Per 100 Grams

Oysters	30.00
Egg yolk	26.69
Meat, chicken	17.01
Fish, haddock	16.07
Meat, venison	15.83
Meat, rabbit	14.80
Meat, lean beef	13.91
Meat, veal	13.52
Oatmeal	12.93
Meat, lean pork	11.87
Fish, pike	11.81
Wheat flour	11.61
Eggs	11.10
Meat, frog	10.36
Wheat, whole	9.66
Rice	8.1
Crackers	7.81
Corn, dried sweet	5.95
Egg, white	5.24
Peanuts	3.9

NEUTRAL-ASH FOODS

Lard	Sugar
Butter	Tapioca
Cream	Cornstarch



I always was subject to tired feeling when I arose in the morning. After using your Alka-Seltzer, I got up every morning feeling fine. Harry Carback Baltimore, Md.

We have used your Alka-Seltzer for headache and acid indigestion and must say that it gave us quick relief. Wilburn Sutton Nashville, Ga.

Here Is More Evidence That **Alka-Seltzer Relieves**



Mrs. Haymaker

I have taken your Alka-Seltzer Tablets with very successful results. I can truthfully say that it is a great medicine and that it does all that it is recommended to do. Mrs. Bessie Haymaker, Decatur, Ill.

I suffered from acid stomach and was unable to get any relief until I took Alka-Seltzer. Evar Lofgren
125 15th Ave., East Moline, Ill.

Alka-Seltzer is the best thing I have ever taken, not only for sour stomach, gas on stomach but for headaches, colds, and that tired feeling. It makes me feel like new all over to take one of your Alka-Seltzer Tablets. Mrs. Edward Beck, Elkhart, Ind.

Alka-Seltzer is a remedy that is worth having in the house especially if you suffer from sour stomach and indigestion. Guy Johnson, Baltimore, Md.

I have been troubled with gas pains for quite sometime until I heard your broadcasting announcement and decided to try Alka-Seltzer.

Miss Emilia Brychta, Chicago, Ill.

I have used Alka-Seltzer for several different ailments—mostly for headaches and heart-burn. I have found it relieved me every time.

Miss Helen Gleitz, St. Louis, Mo.

I am surely glad to give Alka-Seltzer a word of praise for it did wonders for me.

Grace Schrader, 111 E. Fairview, S. Bend, Ind.



Mrs. Beck



Mr. Lofgren



Mr. Johnson

ALKALINE DIET--For Those Who Have Acid-Ash Acidosis**GENERAL MENU****ACTUAL MENU****Breakfast**

Fruit juice
Fruit
Fat
Bread
Preserves
Drink

Glass of orange juice
Banana with cream
2 slices of bacon
½ slice toasted wheat bread
Honey
Milk or cocoa

Supper

Fruit or vegetable juice
Soup
Potatoes
Vegetable
Salad
Bread
Dessert
Drink

Chilled tomato juice cocktail
Bean soup
Candied sweet potato
Beet greens
Cottage cheese
½ slice whole wheat bread
Orange or grapefruit
Glass of milk

Dinner

Fruit or vegetable juice
Soup
Potato
Vegetable
Bread
Dessert
Drink

Grape juice
Cream of spinach soup
Potatoes
Beets
½ slice whole wheat bread
Baked apple with cream
Glass of milk



I have taken different kinds of remedies, but none helped me like Alka-Seltzer.

Belle Atwood
Decatur, Ill.

I use your Alka - Seltzer whenever I am tired or have headaches or bloat after eating. It is the finest medicine I have ever known.

Mrs.
J. Rabenstein
Lewis, Iowa

One satisfied user tells another

A thousand satisfied users write to us—and the demand for DR. MILES MEDICINES increases.

We publicly acknowledge our gratitude, for we realize that satisfied users have been a greater factor in our success than any advertising or merchandizing efforts of our own.

Here are a few Satisfied Users of **ALKA-SELTZER**



Miss Burns

I have taken your Alka-Seltzer for Headache, Colds in the head, pains in the back, and have found out how wonderful it is.

Miss Catherine Burns,
3641 Tchoupitoular St.,
New Orleans, La.



Mr. Lieders

Alka-Seltzer is one of the greatest medicines on the market. I am a world war veteran and I am subject to headaches. It stopped them, also broke up colds for me.

Joseph Lieders,
1305 E. Lincoln St., Portland, Ore.

After being very ill I tried Alka-Seltzer. After the first two doses I began to feel relieved. I followed the diet plan on the circular around Alka-Seltzer and soon recovered entirely.

Mrs. James Sallons,
Cordova, Illinois

After trying many brands of medicine—so-called relief for gas, and all of them a failure, I gave up hopes. By chance I tried Alka-Seltzer—I am more than satisfied.

George Bennett,
New York, N. Y.

"How Are Your Bowels?"

THAT IS usually the first question your Doctor asks. He knows that much discomfort is caused and many disorders are made worse, by constipation.

A good laxative will clear the intestinal tract. That is all any laxative will do.

If your features are not attractive, do not expect a laxative to make you beautiful. If you are a natural grouch or if you are glum, because of nerve strain, don't expect a laxative to make you cheerful and happy.

DR. MILES LITTLE PILLS

Dr. Miles Little Pills are small, easy to take, mild, but sure in action. They increase, indirectly, the flow of digestive juices and in this way, help to force the waste matter from your stomach and bowels.

For constipation Dr. Miles Little Pills are especially effective.

Dr. Miles Laboratories, Inc., Elkhart, Ind.

I would like to try Nervine. (State if Tablets or Liquid is desired). Also Alka-Seltzer. I am enclosing 6 cents for samples.

Name.....

St. or R. F. D.

Town..... State.....

(285)

Dr. Miles Laboratories, Inc., Elkhart, Ind.

I would like to try your Anti-Pain Pills, Little Pills, Laxative Tablets and Aspirin-Mint. I am enclosing 4 cents for samples.

Name.....

St. or R. F. D.

Town..... State.....

(285)

Which Medicine Do You Need?

Dr. Miles Medicines are scientific preparations compounded from ingredients of recognized merit, made in a thoroughly modern laboratory under the supervision

of competent chemists. They usually relieve those disorders for which they are recommended.

See coupon on page 31.

Dr. Miles Nervine (Liquid form)

Dr. Miles Nervine Tablets (Effervescent)

{ For Nervousness, Sleeplessness due to Nervousness, Irritability, The Blues, Nervous Headache, Nervous Indigestion, Travel Sickness. Large package \$1.00. Small size 25 cents.

Dr. Miles Anti-Pain Pills:— For Headache, Neuralgia, Rheumatic, Sciatic, Muscular and Periodic Pains. 25 for 25 cents. 125 for \$1.00.

Dr. Miles Tonic:—A combination of Pyro Phosphates with Quinine and Iron. A tonic for the weak. Price \$1.00.

Dr. Miles Alterative Compound:— A medicine that tends to produce a favorable change in the process of nutrition. Price \$1.00.

Dr. Miles Cactus Compound:— For simple functional disturbances of the heart. Price \$1.00.

Dr. Miles Little Pills:— For constipation. They leave no bad after-effects. 25 cents a package.

Dr. Miles Laxative Tablets:— A cathartic that appeals to old and young alike. Free from disagreeable effects. 25 cents a package.

Dr. Miles Aspir-Mint:—For Headache, Neuralgia, Rheumatism, Sciatica and Lumbago. 15 cents and 25 cents.

Alka-Seltzer:—For the relief of Colds, Headache, Gas on Stomach, Sour Stomach, that Tired Feeling, effects of Over-Indulgence in eating or drinking, Rheumatic, Sciatic, Neuralgic, Muscular and Periodic Pains. Large package 60 cents. Small size 30 cents.

Our Money Back Guarantee

When you have taken one full package of any of Dr. Miles Medicines and are not satisfied with the results, take the empty

package to your druggist and get your money back.

Dr. Miles Laboratories, Inc., Elkhart, Ind.

GET WELL --- --- KEEP WELL

The New Alkaline Way

Here's a new pleasant, Effervescent, Tablet—a safe, harmless tablet—an unusually effective tablet—for Gas on Stomach, Headache, Sour Stomach, Colds, that “Tired Feeling,” Neuralgia, Rheumatic Fever, Muscular Lumbago, and other disorders caused by over-acidity.

Alka-Seltzer has a double action. It tends to relieve pain and alkalize the system at the same time, because it is a Salicylate-Alkaline combination.

Alka-Seltzer is *safe*. It contains no dangerous or habit-forming drugs.

Alka-Seltzer is not a laxative. It does not irritate the intestinal tract and cause frequent bowel movements.

REDUCED ALKA-SELTZER PRICES

\$1.00 package reduced to 60c. The small package contains twice as many tablets as the former small package and sells for 30c.

Drink Alka-Seltzer at Drug Store Soda Fountains.





When You Reduce

Many reducing diets cause over-acidity. This results in Acid Indigestion, Gas on Stomach, Headache, Colds, Fatigue, Neuralgia and in Muscular, Rheumatic, and Sciatic pains.

You can reduce more safely and more comfortably if you take an occasional tablet of

ALKA-SELTZER

*(The new Alkalizing, Pain Relieving,
Effervescent Tablet)*